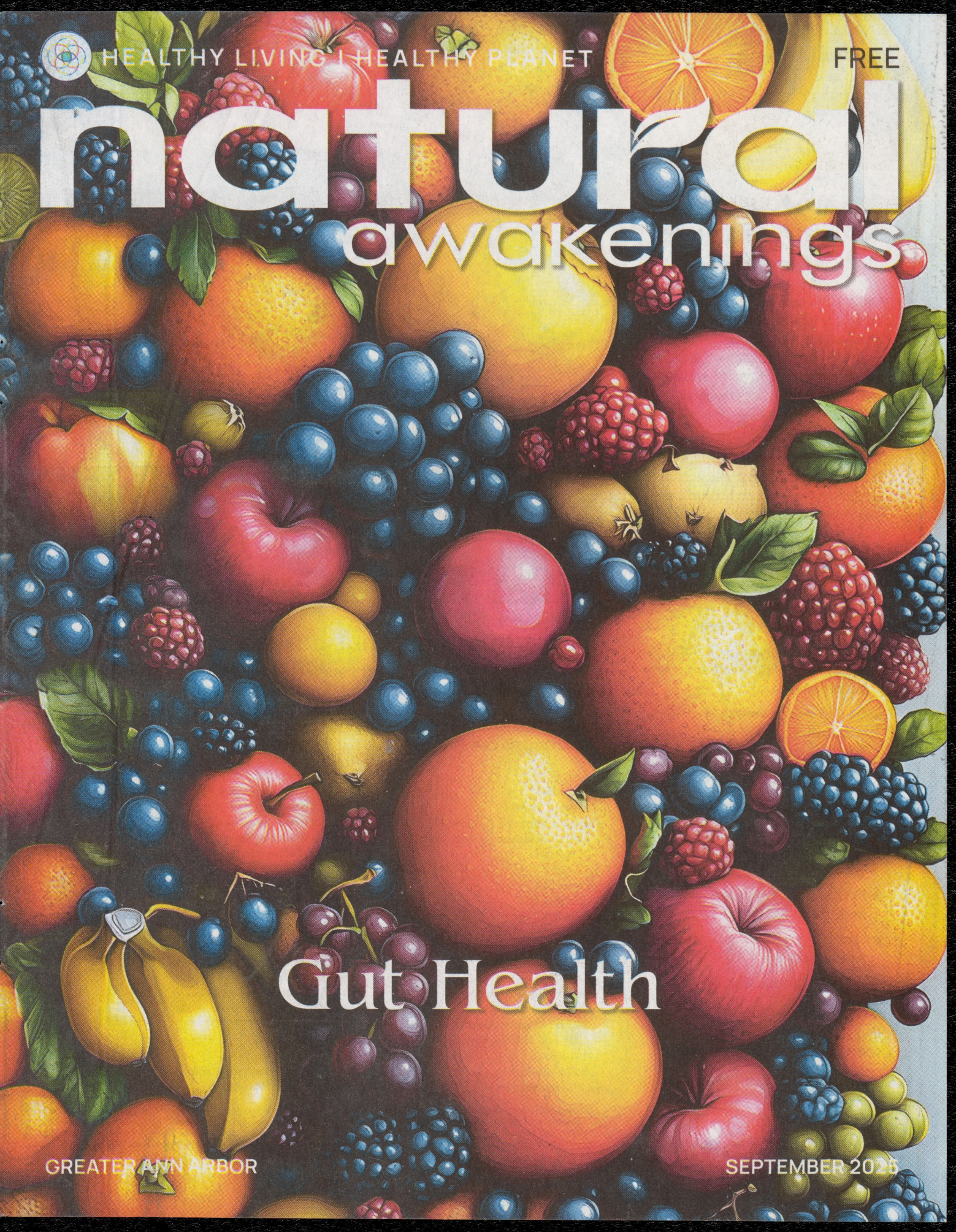
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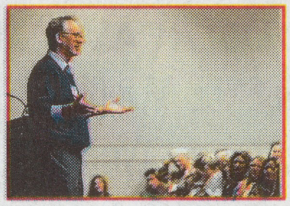
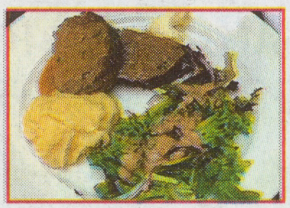

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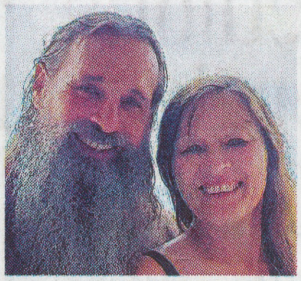

Restoring Balance from the Inside Out

This spring, I wasn't sure I had the heart for my raised bed garden. After losing my son Gordon, the grief felt heavy and unmovable, and I thought perhaps this would be the year I let the soil rest.

Then something beautiful happened—both of my other children decided to plant their own gardens for the very first time. They sent me pictures of their progress: neat rows of seedlings, bright green sprouts pushing through the soil and the pride shining on their faces as they watched new life emerge. Their joy stirred something in me. Even though I was getting a late start, I decided to plant my garden after all.

What a blessing it has been. This season has brought cherry tomatoes, green beans, herbs and—new this year—butternut squash. Already, I'm dreaming of John's favorite butternut ginger soup, a recipe that never fails to bring comfort.

Working in the garden has been more than just nurturing plants—it has nurtured me, too. Feeling the sun warm my bones, soaking in its healing energy and moving my body in simple, steady ways has helped release some of the stuck weight of grief. The rhythm of tending to living things has been both grounding and restorative, offering a gentle reminder that growth and renewal are always possible.

Fresh, seasonal produce is also rich in fiber, enzymes and beneficial bacteria that support a thriving gut. And a healthy gut—our second brain—does far more than aid digestion. It strengthens immunity, boosts energy and even helps lift our mood.

This issue is dedicated to helping you care for your inner garden. Inside, you'll find seasonal recipes, fermentation tips and everyday practices that make a lasting difference. Whether your ingredients come from your backyard, a farmers market or your local grocery store, the food you choose can help restore balance from the inside out.

To health, hope, and healing,

Trina & John

HEALTHY LIVING HEALTHY PLANET

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SUBSCRIPTIONS

Subscriptions are available for $120 (for 12 issues) by emailing the above address.

PRINTED WITH SOY INK

Natural Awakenings is printed on partially recycled and fully recyclable newsprint with black soy ink.

GREATER ANN ARBOR EDITION

Publishers **John & Trina Voell III**
Design & Production **John & Trina Voell III**
Ad Design **Josh Halay**
Editors **John & Trina Voell III**
Proofreader **Randy Kambic**
Calendar **Theresa Archer**
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Advertising & Submissions

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.

Register Today for Wise Traditions Annual Conference

In its 25th year, the Wise Traditions Annual Conference attracts attendees from across the U.S. and even from other countries. Some return each year to participate in its high-energy, intellectually satisfying family-reunion type spirit. The common denominator for attendees is a thirst for learning from carefully chosen speakers and a hunger to spend time discussing interesting topics and enjoying specially prepared meals with like-minded people.

Based on the research of nutrition pioneer Dr. Weston Price, The Weston A. Price Foundation is a member-supported organization dedicated to restoring nutrient-dense foods to the table through education. With 15,000 members it connects local farms with health-conscious consumers.

Its annual conference will be in Salt Lake City, Utah, October 17 to 19, with 1,000 attendees, 40 speakers and 70 exhibits plus delicious farm-to-table meals. Reasonable rates, which include conference meals and special one-, two- or three-day passes, plus reduced rates for 20 and younger are available.

This is a conference that nourishes in every way: enjoy nutritious food, learn healing wisdom, meet new friends, be inspired.

For more info or to register, visit WiseTraditions.org. See ad on page 4.

Meditation and Ayurveda Series Offers Tools for Inner Balance

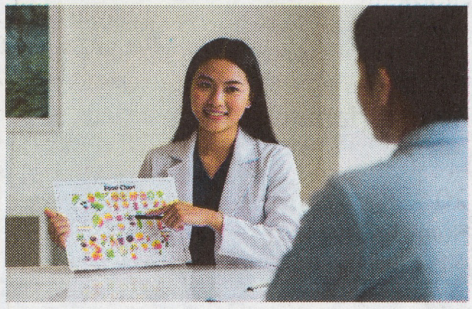
Dr. Kapila Castoldi, an adjunct professor of physics at Oakland University and a long-time practitioner with the Sri Chinmoy Centre, invites the community to explore the inner dimensions of well-being through two upcoming series on meditation and Ayurveda.

In a time of constant sensory stimulation, these practices offer vital tools to slow down, restore balance and reconnect with the inner self. Ayurveda, rooted in ancient Indian philosophy, teaches how to understand one's constitution, recognize internal and external influences, and regain harmony. Combined with meditation—a process of quiet introspection—this approach nurtures both body and mind, fostering conscious and balanced living.

The classes take place at Crazy Wisdom Bookstore, in Ann Arbor. The first series, Mastering Meditation, will take place from 2 to 4 p.m. on September 21, 28 and October 5. The second, Ayurveda and Meditation, is offered during the same time period on October 19, 26 and November 2. All sessions are free of charge and open to all, offering practical guidance for those new to these disciplines and deeper insight for those with experience.

Location: Crazy Wisdom Bookstore, 114 S. Main St., Ann Arbor. For more information, call 734-994-7114 or visit MeditationAnnArbor.com.

Functional Medicine Team Provides Patient Centered Solution



Bio Energy Medical Center in Ann Arbor provides a whole-person approach to health by addressing the root causes of chronic illness, including gut dysfunction, hormone imbalance, toxicity and immune challenges. Through integrative therapies, advanced diagnostics and personalized care, the practice helps patients restore balance and achieve long-term wellness.

The center recognizes that gut health is central to overall well-being. Patients experiencing digestive discomfort, fatigue or chronic conditions are guided through evaluations that uncover underlying triggers such as diet, stress and environmental exposures. Instead of masking symptoms, Bio Energy Medical Center works to restore proper function, allowing the body to heal naturally.

Care plans often include nutritional guidance, detoxification strategies and supportive therapies that target individual needs. Education is a cornerstone of the center's philosophy, empowering patients to understand how daily choices influence digestion, immunity and vitality. This emphasis on awareness helps individuals sustain their health long after treatment.

With a team of practitioners who integrate natural medicine, functional diagnostics and patient-centered care, Bio Energy Medical Center provides a trusted resource for those seeking safe, effective and compassionate solutions. The clinic continues to serve as a leader in Ann Arbor's wellness community by combining science, holistic practice and individualized attention.

Location: 4201 Varsity Dr, Suite D, Ann Arbor, MI 48108. For more information, call 734-995-3200 or visit BioEnergyMedicalCenter.com.

Health-Focused Farming Offers Alternative to Industrial Meat

A local farm is reshaping the way southeast Michigan sources its meat. Prioritizing health, ethics and sustainability, the family-run operation of Vestergaard Farms raises cattle, pigs and chickens with a firm commitment to natural practices. Their mission is simple—make clean, locally raised meat accessible to individuals who may not have the resources or land to raise their own animals.

Rejecting industrial farming norms, the farm abstains from feedlots, hormone implants, antibiotics and corn-based diets, which they liken to feeding children candy at every meal. Instead, the animals are raised on a natural diet in a stress-free environment—an approach the farmers believe produces healthier food for both their family and their customers.

The farm's philosophy extends beyond animal welfare. The land is completely free from chemical herbicides, pesticides, fungicides and synthetic fertilizers. Every step of the farming process is carefully designed to protect the health of the soil, the safety of the animals and the wellbeing of the consumers.

Rooted in transparency and old-fashioned stewardship, the farm offers a model that reconnects consumers with where their food comes from—supporting both community health and environmental integrity.

Location: 4408 S Wagner Rd., Ann Arbor. For more information, call 734-929-2875 or visit VestergaardFarms.com.

Personalized Keto Coaching Supports Health Transformation

Advanced Ketogenic Therapies delivers customized, online, nutrition coaching to help clients implement long-term therapeutic ketogenic diets tailored to their specific health goals. With a focus on precision and personalization, the service supports individuals—both adults and children—that are navigating complex health challenges through nutritional intervention.

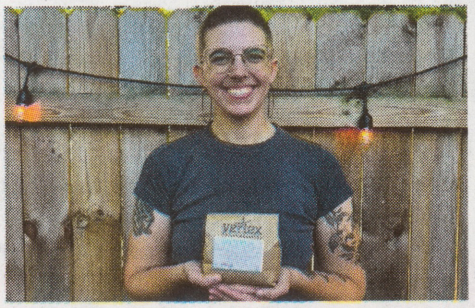
Clients receive one-to-one coaching from a registered dietitian trained in Ketogenic Metabolic Therapy (KMT), an approach designed to reduce symptoms and improve quality of life through targeted dietary strategies. Each plan is informed by personal health data, lab results and lifestyle factors, ensuring a nutrition protocol that evolves with the individual.

Support includes personalized assessments, lab reviews and optional tracking tools such as a KetoDietCalculator, offering a clear structure for those new to ketogenic therapy as well as those refining an existing protocol. Clients are empowered with ongoing guidance that is both scientifically grounded and deeply supportive, designed to build confidence and clarity in managing long-term health.

Prospective clients can schedule a free 15-minute discovery call to learn more about available coaching packages, the role of a therapeutic keto specialist and whether this precision-based nutritional model is the right fit. This introductory call offers a clear path forward for individuals ready to take control of their health with expert guidance.

Location: Online service based in Ann Arbor. For more information or to arrange for a discovery call, call 734-623-9083 or visit Advanced-KetogenicTherapies.com.

Local Café Combines Sustainability and Creativity



Co-owner and roaster Kara Sato

Vertex Coffee Roasters serves as both a community hub and a destination for high-quality coffee in Southeast Michigan. With locations in Ann Arbor and Ypsilanti, the business is built on a commitment to sustainability, creativity and inclusivity.

The café honors the entire coffee process, from growers to customers, by sourcing and roasting beans with care and precision. This dedication to quality ensures that each cup reflects both craftsmanship and respect for the people who make it possible.

Beyond coffee, Vertex fosters an environment where creativity and connection thrive. The café provides space for public events and showcases opportunities for local artists, creating a welcoming setting that celebrates both community and culture. Zero waste practices are central to the operation, aligning with co-owner and roaster Kara Sato's commitment to environmental responsibility and long-term sustainability.

By blending exceptional coffee with a dedication to social and environmental values, Vertex Coffee Roasters has become a trusted gathering place for students, families and professionals alike. The café continues to embody its mission of building connection through quality coffee and shared experiences.

Location: 1335 S. University Ave., Ann Arbor and 307 N. River St., Ypsilanti. For more information, call 734-780-7060 or visit Vertex-Coffee.com.

Castor Oil Pack Offers Digestive Relief at Home

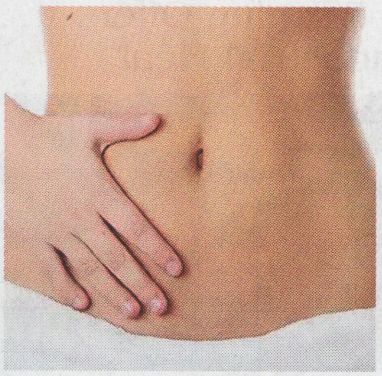
As interest in castor oil and castor oil packs grows across wellness media, much of the guidance being shared is incomplete or misleading. According to Mary Light ND MH LMT—a traditional naturopath and clinical herbalist with more than 20 years of experience—a properly prepared home castor oil pack can be a powerful, time-tested remedy for relieving digestive stress and congestion.

To prepare a therapeutic pack, Light recommends soaking a washcloth-sized cloth in about ¼ cup of pure, hexane-free castor oil. While lying on a towel-covered surface such as a bed or sofa, place the cloth over the area needing support—commonly the liver, colon or solar plexus. Add a partially filled, flexible hot water bottle on top, then insulate with a hand towel. If the pack feels too hot, add another cloth layer. Relax for 30 to 40 minutes while the oil soaks into deeper tissues, promoting the release of tension and aiding detoxification. This practice is most effective when done for several consecutive days.

Castor oil packs have been included in naturopathic education for generations and were notably researched by the Edgar Cayce Institute. While modern science continues to explore the full range of benefits, Light's clinical experience affirms their usefulness, especially when combined with rest and mindful breathing.

Light teaches this and other accessible healing techniques through her Ann Arbor-based school, offering in-person sessions, consults and hands-on training in herbal medicine and holistic therapies.

For more information or to register for classes, call 734-769-7794 or visit NaturopathicSchoolOfAnnArbor.net. See ad page 30.



Colon Health and Detoxification

A sluggish digestive system can contribute to fatigue, bloating and toxin buildup. For many, colon hydrotherapy offers a gentle way to support the body's natural detox pathways. By introducing warm, purified water into the large intestine, this process helps loosen and flush out accumulated waste, supporting healthy elimination and relieving occasional constipation.

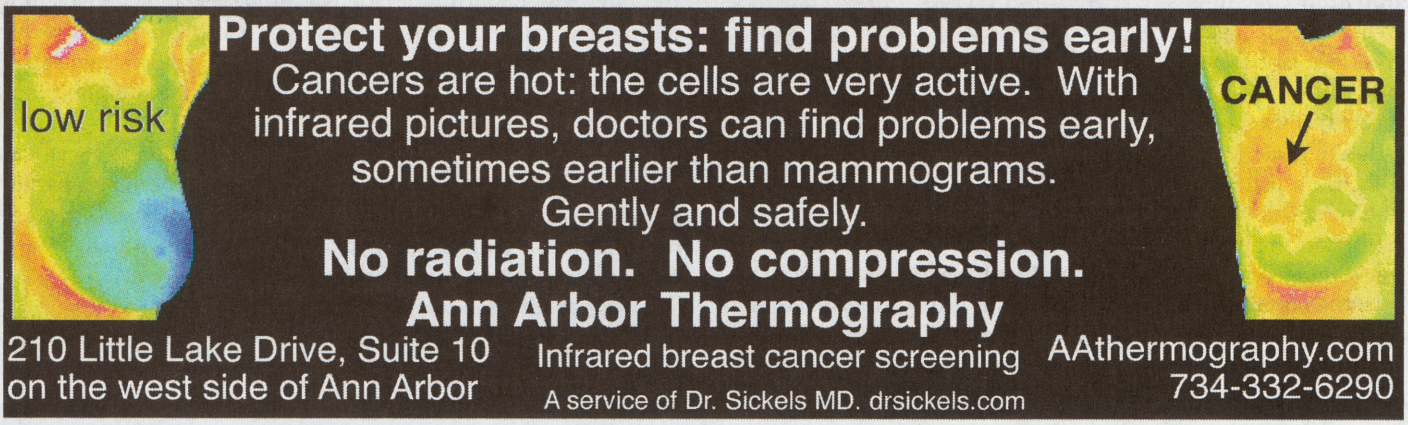
The colon plays a vital role in overall wellness. Alongside the liver and lymphatic system, it works to remove toxins that can otherwise recirculate through the body. Colon hydrotherapy may help reduce this toxic load, improve nutrient absorption and enhance energy levels. Some individuals also report clearer skin, less bloating and improved regularity after a series of treatments.

This therapy is often used seasonally or as part of a broader cleanse. When paired with a whole-foods diet and plenty of hydration, colon hydrotherapy can help reset the system and support long-term digestive balance.

InnerSpace Holistic is located at 2350 Washtenaw Ave., #14, Ann Arbor. For more information or to make an appointment, call 734-709-8313 or visit InnerSpaceHolistic.com.

Heavy Metals Found in Rice

A study conducted by Healthy Babies Bright Futures revealed that rice sold in stores across the United States contains toxic heavy metals. After analyzing rice samples from 145 brands across 20 metropolitan areas, arsenic was detected in all samples, and one in four exceeded the U.S. Food and Drug Administration's limit for infant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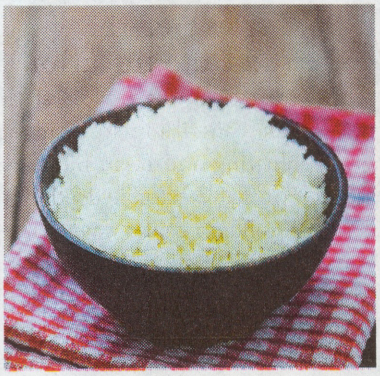

rice cereal, which is set at 100 parts per billion. There is no established threshold for non-infant rice products.

Arsenic poses significant concerns for children under 2 years of age and pregnant mothers, and it has been linked to cancer and developmental brain damage, including lower IQ. Cadmium, lead and mercury were also found in the rice samples. Although the heavy metal levels are not high enough to cause acute poisoning, the concern is that consumption of these products over a long period of time could be harmful.

To lower exposure, the study suggests cooking rice in six to 10 cups of water and draining the excess liquid to reduce arsenic levels by up to 60 percent. Rice alternatives are also recommended, including quinoa, farro and barley, which exhibit a 69 percent lower heavy metal contamination than rice. Thai jasmine, Indian basmati and California-grown rices were also recommended as safer options.

Food Companies To Discontinue Food Dyes

Kraft Heinz, General Mills and Nestlé have announced a voluntary commitment to eliminate all artificial food dyes from their U.S. products starting in mid-2026 and to stop using them in new products immediately. Kraft Heinz and Nestlé maintain that about 90 percent of their U.S. products are already free of synthetic dyes, with remaining efforts focused on specific items such as Nesquik Banana Strawberry mix, Kool-Aid, Jell-O and Jet-Puffed marshmallows. General Mills has indicated that their pledge will affect only 15 percent of its product portfolio and has vowed to prioritize removing the offending colors from K-12 school foods.

The move comes as federal health officials push for the phase-out of petroleum-based dyes due to health concerns, including behavioral effects in children. The Center for Science in the Public Interest continues to advocate for the implementation of warning labels on products containing synthetic dyes. Although the U.S. Food and Drug Administration recently approved new natural colorings, manufacturers face challenges in terms of cost, color intensity and sourcing.

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Echoes of Wellness

Fingernail and Tongue Analysis Offered by Dr. Chi in East Lansing

Dr. Tsu-Tsair Chi

The Wycoff Wellness Center presents a rare opportunity for personal health evaluation through Fingernail and Tongue Analysis conducted by internationally recognized expert Dr. Tsu-Tsair Chi. This event takes place from September 9 to 12 at the Wycoff Wellness Center in East Lansing. Intended to educate and empower attendees, the event highlights a method of diagnosis widely practiced in Eastern medicine that examines physical signs as reflections of internal health.

Chi's evaluations draw on a holistic diagnostic system rooted in traditional Eastern medicine. Fingernail and tongue changes can reveal early signs of dysfunction in various organs. While fingernails take months to grow and change, the tongue regenerates its surface every three days making it a swift indicator of emerging health conditions. These visual markers such as color, texture and the presence of spots or ridges correlate with systemic imbalances.

This method also includes an analysis of other physical areas such as the ear, face and torso. For example, cardiovascular concerns may show as missing lunulae on fingernails, dark veins beneath the tongue, creased earlobes or angiomas on the forehead. Hormonal imbalances might present as white spots on nails or red dots on the abdomen. These visual indicators when viewed in combination offer a layered and revealing portrait of health status.

Trained practitioners like Chi interpret these signs to assess the vitality of specific organs. The hands, considered spiritually reflective, provide insight through their ever-renewing nails. The tongue and nails serve as gateways for blood and nutrients linked to the body's meridians. In good health, nails appear smooth, pink and glossy. Their condition can visibly improve with proper nutrition and supplementation.

Chi evaluates patients by appointment only during his visit. Each personal consultation lasts approximately 15 minutes and costs $50. As this marks his only Michigan stop in 2025, interested individuals are encouraged to schedule early to ensure availability.

In addition to individual evaluations, Chi hosts a free seminar from 6 to 8 p.m., on September 9 at the Wycoff Wellness Center. The seminar offers an in-depth overview of diagnostic techniques and their practical application. Seating is limited and attendees must confirm in advance to secure a spot.

Location: 1226 Michigan Ave., East Lansing. For more information, call 517-333-7270 or visit WycoffWellness.com. See ad back cover.

A Return to the Self

Wellness Studio Brings Reflexology and Energy Healing to Dexter

Crysterra Wellness, a holistic practice based in Dexter, offers a sanctuary for those seeking balance, restoration and self-awareness through integrative wellness modalities. Founded by reflexologist and healing arts practitioner Andrea Astley, Crysterra Wellness invites clients to experience deeply personalized care rooted in the belief that wellness is not one-size-fits-all—it is a journey of reconnection with the self.

At the heart of Crysterra Wellness is a commitment to reflexology, a therapeutic approach that stimulates specific points on the feet and hands to support the body's natural healing processes. The practice is known for its gentle intuitive sessions designed to calm the nervous system and nurture physical, emotional and energetic well-being. Clients often describe the sessions as grounding and restorative, offering clarity and deep relaxation long after the appointment ends.

Andrea's background in holistic arts weaves together a variety of healing influences. In addition to reflexology, Crysterra Wellness integrates energy work, intuitive touch and body awareness practices. Whether clients are managing chronic stress, recovering from physical challenges or seeking a quiet space for reflection, the sessions are tailored to individual needs, blending technique with intention. Andrea brings both professional expertise and compassionate presence to her work, allowing each session to unfold as a conversation between practitioner and client—one guided by attunement and trust.

Unlike services commonly offered as add-ons in spas or massage settings, clinical reflexology at Crysterra Wellness is grounded in years of formal training, board certification and deep-rooted knowledge of Traditional Chinese Medicine. The distinction is significant. While spa versions may resemble foot massage, clinical reflexology follows precise maps of the body's systems, much like acupuncture or acupressure. Each session is supported by personalized research, case notes and post-session guidance—often including tailored protocols for self-care. Andrea's commitment extends well beyond the time spent in-session, reflecting a level of preparation and depth that clients often only recognize after experiencing it firsthand. Her approach honors the therapeutic arts broadly, while helping clients understand what sets professional reflexology apart..

The practice also serves as a learning space encouraging clients to take an active role in their self-care. Crysterra Wellness offers private consultations and curated educational experiences that emphasize the body's innate intelligence and the importance of regular intentional rest. In a culture that often glorifies speed and productivity, Crysterra Wellness offers a counter-narrative—one that honors slowness, presence and deep listening.

Crysterra Wellness is located upstairs at Verapose Yoga House in Dexter, a cozy and welcoming environment that reflects the practice's grounded ethos. The space itself is part of the healing experience: serene, minimalist and designed to support sensory ease. From soft lighting to natural elements, the setting invites visitors to breathe deeply, unplug and feel fully held.

In addition to its one-on-one offerings, Crysterra hosts seasonal workshops that blend reflexology with other healing modalities. These sessions provide an accessible way for newcomers to experience the benefits of reflexology in a community setting. The Fall 2025 Workshop Series begins in September. Participants can expect gentle movement, guided self-care techniques and the chance to reconnect with their bodies in a meaningful way.

Location: 3173 Baker Rd., Dexter. For more information or to register, call 734-649-1849 or visit CrysterraWellness.com. *See ad page 31.*

Balancing the Gut

Investing in Our Inner Ecosystem

by Hannah Tytus

Gema Ibarra/CanvaPro

"The gut is the first to encounter the universe, and it is the first line of defense between you and the universe," says Dr. Madiha Saeed, a holistic, functional and integrative doctor in Naperville, Illinois, and director of education for Documenting Hope and KnoWEwell. Home to trillions of bacteria, fungi and other microbes, the digestive tract forms a complex ecosystem known as the gut microbiome, which influences many aspects of health.

Microbes perform numerous functions. They help break down food, produce essential nutrients, support the immune system and influence mood, cognition and overall well-being. Diet, stress, sleep, medications and environmental exposures shape the makeup of our gut microbiota, which, in turn, impact the body's propensity for health or disease. Efforts to restore and nurture gut health offer opportunities for us to enhance our well-being through simple lifestyle changes.

Gut Microbiome Basics

The intestinal environment is constantly changing, with new microbes entering and others disappearing daily, creating a dynamic community of tiny organisms that is unique to every individual. Different species have specialized roles. For instance, *Faecalibacterium prausnitzii* lowers inflammation by nourishing gut cells, while *Akkermansia muciniphila* maintains the gut lining by breaking down mucus and supporting helpful bacteria. Each person hosts approximately 1,000 distinct microbial species, while humanity collectively harbors more than 10,000 species.

Like a garden, the gut microbiome contains a mix of helpful and harmful organisms. Beneficial microbes behave like healthy plants, supporting digestion, nutrient absorption and immune function. When cared for, these helpful organisms thrive, while also helping to keep harmful microbes (weeds) under control.

Our intestinal garden is shaped by how it is tended. Fiber-rich foods, fermented products and exposure to natural environments help nourish the good microbes, much like water, sunlight and compost nourish plants. By contrast, processed foods, excessive sugar and unnecessary antibiotics can disrupt the balance and allow harmful microbes to take over.

Many people experience gut imbalance, or dysbiosis, without realizing it. The gut is highly sensitive to its environment, and everyday choices like processed foods, medications and chronic stress can quietly disrupt the inner balance, making it harder for beneficial microbes to thrive.

Medications. "Though some medications can save your life, they do come with a side disadvantage, so you need to weigh your risks versus the benefits when it comes to taking any medications," Saeed advises, noting that antibiotics, for example, reduce microbial diversity and richness, causing short-term changes in the microbiome. While most people recover within two months, their microbiota diversity and productivity may remain low, and some people may experience longer-lasting disruptions.

Common painkillers called nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen can also interact with the composition and function of the gut microbiome. They inhibit microbial growth, induce microbial cell death and increase gut permeability. NSAIDs can also interact with gut microbes, thereby impacting how well the drug is absorbed.

Foods. The food we eat significantly impacts the microbiome's composition and metabolism. "Real foods nourish the good bugs, while processed foods fuel the bad," says Saeed. Diets high in processed foods, sugars and additives create a toxic load that disrupts bacterial balance and triggers inflammation, leading to chronic disease. Eating these kinds of ingredients on a consistent basis can slowly damage the gut, as harmful microbes crowd out beneficial species, weakening the intestinal ecosystem over time without immediate signs of distress.

Stress. Chronic stress is another gut health disruptor. Stress hormones can reduce beneficial bacteria such as *Akkermansia muciniphila*, which has been identified as a potential protector against obesity and Type 1 diabetes. Stress also encourages yeast overgrowth, leading to inflammation and intensifying the stress response in a vicious cycle. Studies also show that stress, whether physical or perceived, can alter overall microbial composition.

A 2018 narrative review published in *Frontiers in Microbiology* analyzed existing preclinical studies and found that various psychological, environmental and physical stressors can alter gut microbiota composition and function. Furthermore, a 2023 systematic review published in *Neuropsychobiology* found that higher perceived stress was associated with lower microbial diversity and decreased abundance of beneficial genera such as *Lachnospira, Veillonella* and *Phascolarctobacterium*. Harmful bacteria like *Methanobrevibacter* rose in relative abundance in stressed individuals.

Signs of Imbalance

Indications of an unhealthy gut show up in various ways. Digestive issues such as bloating, gas and constipation often signal an imbalance. Fatigue, mood swings and skin conditions like acne or eczema may also be related to poor gut health. Unexplained weight changes, cognitive problems and food sensitivities may be caused by intestinal distress. A weakened immune system, trouble sleeping and bad breath can also indicate a need for gut support.

Repairing the Gut

Environmental factors influence the microbiome more than genetics, but when the gut has been harmed, Saeed explains, restoration takes more than just a probiotic.

Eat organic whole foods. "Food is medicine. Every bite can either help or hurt," counsels Saeed, emphasizing the importance of daily food choices. Like humans, gut microbes need nourishment to thrive. When they eat well, human health flourishes. The typical Western diet is high in simple carbohydrates and fat, but low in fiber, offering little nourishment for beneficial microbes.

On the other hand, microbiota-accessible carbohydrates (MACs) such as legumes, root vegetables, fruits, nuts and seeds are essential for a diverse and resilient microbial community. Because MACs are not broken down by digestive enzymes, they are fermented by gut microbes, feeding and promoting the growth and activity of beneficial bacteria.

Choosing organic produce helps avoid synthetic pesticides and herbicides sprayed on produce to eliminate pests and weeds. These chemicals have been shown to negatively affect the gut microbiome and human health. "It's best to eat local food that is not sprayed,"

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advises Dr. Patrick Hanaway, a board-certified functional medicine family physician, educator and chief medical officer of KnoWEwell.

Supplement wisely. Probiotics and prebiotics are vital for healing the gut. Probiotics, whether found in foods like yogurt and other fermented products or taken as supplements, introduce live bacteria into the body. Prebiotics act like fertilizer, feeding good bacteria and helping restore overall balance. Fiber-rich foods such as asparagus, bananas, garlic, onions, oats, apples and legumes naturally support a thriving gut ecosystem.

As Hanaway explains, "A probiotic is a live bacteria that can be ingested and move into the stomach and populate the body. A prebiotic is a component that helps feed the commensal [beneficial] bacteria in the gut. Probiotics are highly specific. They have great benefits for specific strains for specific diseases in specific doses. Yet, the probiotic is a tourist; it doesn't stay in the body. It's great to have tourists in the economy, but if an economy becomes entirely dependent on tourism, it becomes a problem."

When choosing supplements, quality matters. Due to limited regulations, it is best to purchase from reputable brands. Supplements in fillable capsules tend to have fewer fillers and more active ingredients. Vitamins and minerals are best absorbed from whole foods, so supplements should complement, not replace, a balanced diet.

Start a garden. Gardening increases the availability of fresh, fiber-rich, seasonal fruits and vegetables in the diet, but the very act of putting our hands in the dirt may also help increase the diversity of our gut microbiome. A 2022 cohort study of 19 families over one growing season by scientists at the University of Illinois and published in the journal *Nature* found that when compared to non-gardeners, families that grew plants and produce in their backyards had more gut bacteria linked to fiber fermentation, greater microbial diversity and even some microbes in their guts that appeared to come from the soil. Families that gardened also ate more fiber-rich foods.

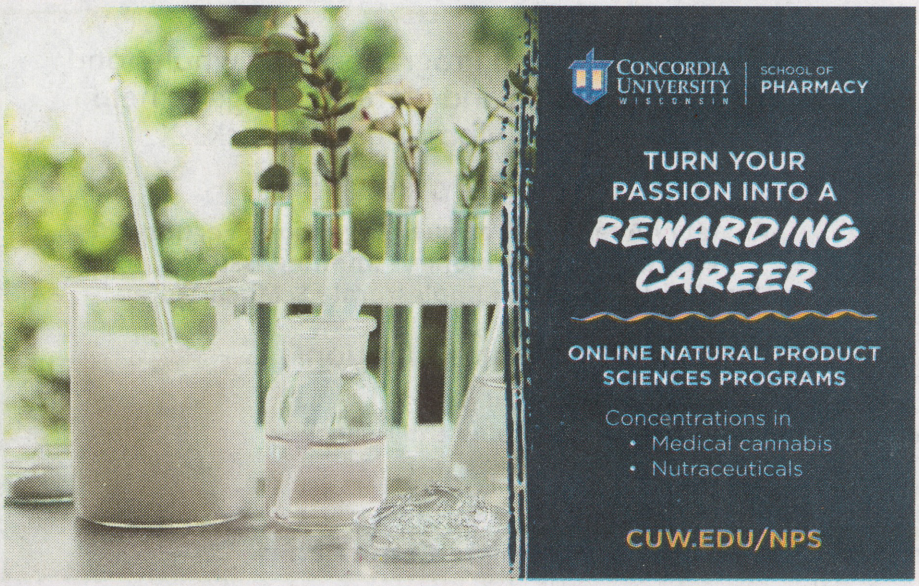
Commit to small actions. Healthy microbiomes grow with consistent care—not perfection—and even small lifestyle changes can build a more resilient ecosystem for better overall health. There is no magic bullet for healing the gut. The key is to commit one hour a week to health education and to small actions focused on rebuilding the inner ecosystem one change at a time.

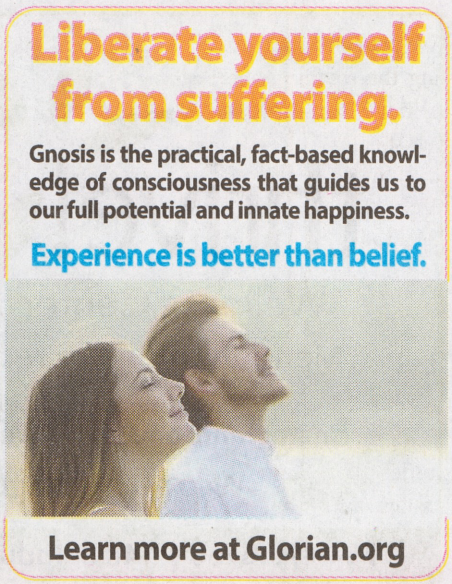
"A strictly-diet approach isn't the answer; a lifestyle approach is," says Dr. Tom O'Bryan, an expert on food sensitivities, environmental toxins and the development of autoimmune diseases, as well as the host of the *Regenerative Whole Health Show* at *KnoWEwell.com*. "Dietary regimens can go only so far if something else persists, like mold in the house, high glyphosate levels or accumulated mercury in the body." Addressing the macrocosm around us helps fix the microcosm inside us.

Indoor air filtration and water purification measures might be necessary to counteract an unhealthy indoor environment. Small changes like storing leftover food in glass rather than plastic can help keep harmful compounds out of the gut. Herbs such as chamomile and holy basil in diffusers and teas may aid the chronically stressed. Even simply chewing our food slowly, with mindfulness and gratitude, can help aid the digestion process.

The gut microbiome is a complex ecosystem that plays an essential role in overall health. Understanding what it is, what harms it and how to recognize signs of imbalance empowers us to take practical steps to restore and maintain gut health. By nourishing the microbiome with whole foods, managing stress, using supplements wisely and embracing small lifestyle changes, individuals can cultivate a resilient inner garden that supports well-being for life.

Hannah Tytus is a researcher and content creator for KnoWEwell, P.B.C. and former technical writer for the National Institutes of Health's National Center for Complementary and Integrative Health.

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A Gentler Grip on the Wheel of Life

by Marlaina Donato

Life can be overwhelming at times. We diligently juggle work and personal commitments with outward precision while grappling with internal struggles, barely catching our breath, feeling off kilter and maybe a little ashamed that we can't do it all. Somewhere along the line, we bought into the idea that worry puts us in the driver's seat, granting us control over the road ahead.

We plan and strategize, convinced that holding the steering wheel in a white-knuckled grip will ensure the perfect outcome. We exhaust ourselves by running through an imagined maze and getting snagged on thorny what-ifs, too often investing precious energy into daydreaming about what could go wrong instead of wondering what could go right.

Professional dancers dedicated to their craft work six days a week and spend endless hours maintaining excellence. They attend classes even on performance days and undergo rigorous dress rehearsals before the curtain rises. Yet even these consummate professionals sometimes panic when the music begins, and they find themselves unable to recall a single nuance of their choreography. In such instances, when the mind is in lockdown, their bodies take over, moving fluidly on cue.

This seemingly miraculous phenomenon known as muscle memory serves as an inspiration for our daily lives. After hard work and preparation, worry becomes an unnecessary mind game. The lecturer delivers their most compelling speech when they throw away their notes. The teacher connects to a challenging student when they think outside the box and embrace an unconventional approach. The soloist springs into the air as effortlessly as a bird.

As September takes the stage adorned in the sun's spotlight, let us take our hands off the wheel and allow the road to unfold into unforeseen magic. By ceasing relentless planning and embracing spontaneity, we just might live our best life. Now is the time to dance.

Marlaina Donato is an author, visionary painter and composer. Connect at WildflowersAndWoodSmoke.com.

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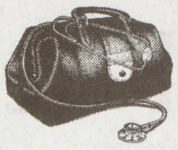

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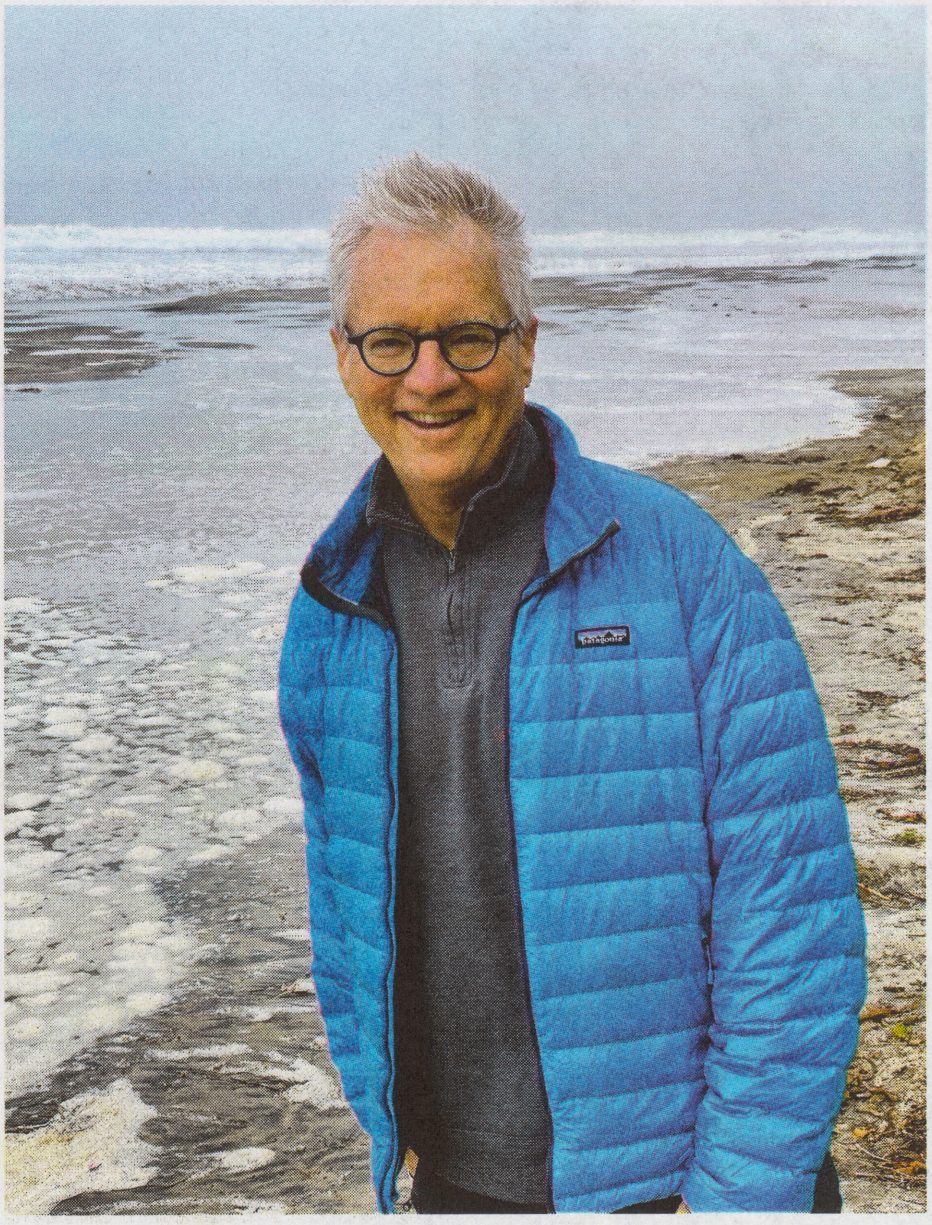
Patrick Hanaway

on Healing the Whole Person

by Sandra Yeyati



Patrick Hanaway is a functional medicine family physician and educator. For more than 25 years, he has maintained a clinical practice with his wife, Dr. Lisa Lichtig, in Western North Carolina. He is board-certified in family medicine and is a Fellow of the American Academy of Family Practice, as well as the American College of Nutrition.

Hanaway served as chief medical officer at Genova Diagnostics for 10 years before becoming the chief medical education officer at The Institute for Functional Medicine (IFM) in 2013, where he oversaw the development and implementation of IFM programs worldwide. He has taught at the Institute since 2005 and has led the IFM Gastrointestinal (GI) Advanced Practice Module since its inception. In 2014, Hanaway helped establish the Cleveland Clinic Center for Functional Medicine, where he was the founding medical director and later research director. He was honored by IFM with the prestigious Linus Pauling Award in 2017 for his pioneering work.

Hanaway has been initiated as a *Mara'akame* (traditional healer) by the Huichol people of the Sierra Madres, in Mexico. He holds community fires, leads ceremonies and offers traditional healing sessions around the fire. He serves as the board chair of the Blue Deer Center, in the Catskill mountains of New York.

This month, Hanaway begins his newest role as chief medical officer of KnoWEwell, P.B.C., a digital community and marketplace that bridges the knowledge, access and insurance gaps to address the root causes of chronic disease. KnoWEwell owns Natural Awakenings Publishing Corporation, operator of the *Natural Awakenings* magazine franchise system.

Could you explain how the patient-doctor relationship differs in conventional versus functional medicine settings?

Functional medicine focuses on the individual, rather than a diagnosis, aiming to understand their life story in relation to wellness and illness. We seek to identify

unique triggers and rebalance the imbalances, rather than just eliminating disease symptoms. The goal is to help the person be the healthiest they can be, in balance—body, mind and spirit—which is different than the conventional medical model that targets specific symptoms.

What advice can you provide for individuals that cannot afford or find a functional medicine doctor in their area?

In those settings, I recommend working with a functional medicine coach from the Integrated Nurse Coach Academy or the Functional Medicine Coaching Academy to initiate the basic lifestyle and behavior changes. They can help determine if there needs to be additional medical care, which might include specialty testing, supplements or targeted medication under the guidance of a functional medicine doctor.

How do you see the field of gut health evolving in the next few years?

The gut plays a central role in functional medicine, and we are deepening our understanding of the functionality of the microbiome, not just with gastrointestinal issues like irritable bowel syndrome, but also across all disease states, including cardiovascular, neurological and autoimmune diseases. We're recognizing, for example, that leakiness in the gut relates to leakiness in the blood-brain barrier and autoimmune diseases. With respect to the microbiome, we're finding that it's not so much which species are there, but rather what their functions are, with roles in healing, growth, energy production, thoughts, feelings, immune function and many more. The gut-brain connection is gaining attention. We're learning that the 10,000-plus compounds produced by the gut microbiome affect the brain, influencing cognition, behavior, emotions and inflammation.

The way I see it, the gut serves as our biggest interface with the environment, processing 1,500 to 2,000 pounds of food annually, including macronutrients and micronutrients, which are transformed by the gut microbiome and then absorbed into the body. Our focus has shifted from studying specific gut microbes to understanding their functions. The goal is to optimize gut functions rather than viewing individual organisms or probiotics as solutions.

What do you love about teaching?

It's the work that I love the most—even more than working with individuals—because I get the opportunity to share what I've learned so others can carry it forward. It's also very humbling in the process because I've learned how little I know. I've also learned that there are no bad students, only poor teachers. If a student is not understanding something, it is my responsibility and my job to help them.

As a teacher, I work to understand something to a depth that I can simplify it, and that's what I feel is part of my gift, as well as my passion. I want to get to a point of understanding an area where it becomes simple in my mind to be able to express and talk about it. It's not about oversimplifying; it's just being able to make it learnable so that somebody else can carry it forward.

It's not lost on me that the word "doctor" comes from the Latin *docere*, which means "to teach". We teach each other, and I can see farther because I stand on the shoulders of giants. I've had people who have taken the time to help me learn and understand in a deeper way, and there's so much appreciation. So it's actually necessary for me to "pay it forward". That's part of what my work in the world is, and I hope to continue to do that for a long time.

Sandra Yeyati is the national editor of Natural Awakenings.

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Sweet and Tart

The Joys of Homemade Fruit Shrubs

by Chloe Karydes Krecun

A fruit shrub is a sweet and tart syrup made by combining fruit, sugar and vinegar. Used for centuries as a way to keep nutrients alive, these tangy, fermented syrups are becoming popular again as irresistible additions to cocktails and mocktails, while also contributing to gut health.

Long before fruit shrubs became a trendy addition to modern beverages, fermenting fruits in alcohol or vinegar was one of humanity's oldest preservation techniques. Resourceful cooks combined seasonal fruits with vinegar and sugar to create potent elixirs that captured the fleeting abundance of summer harvests in shelf-stable form.

When winter's grip tightened and fresh produce became scarce, these preserved fruits provided delicious flavors and vital nutrients. Today's food enthusiasts celebrate fruit shrubs for their complexity and versatility in everything from sodas to salads and other inventive side dishes.

Health Benefits

Each ingredient in a fruit shrub plays a distinct role in both preservation and nutrition. "The vinegar component in shrubs is what helps preserve the fruits and keep them from spoiling," explains Lea Ann Chen, M.D., assistant professor of gastroenterology at the Rutgers University Robert Wood Johnson Medical School. "However, the total amount of fruit in shrub recipes is relatively modest. Thus, the benefits of eating fresh fruits would be much higher. For example, fresh whole fruit contains fiber, which has many health benefits, but this is mostly missing in shrubs."

photology2000/CanvaPro

Chen notes that the fruit in shrubs is nevertheless a source of certain vitamins, such as vitamin C in citrus fruits, while berries are also high in polyphenols, which offer anti-inflammatory properties. A 2021 Stanford University study published in the journal *Cell* found that consuming fermented foods may increase gut microbiome diversity and decrease inflammation, so the fermentation of fruit shrubs may be part of a gut-healthy diet.

According to Kirsten Shockey, the author of several books on fermentation, including *Fermented Vegetables*, fruit shrubs and mocktails serve as a practical steppingstone toward healthier drink choices. They offer a middle ground for those seeking to improve their habits by steering away from soda and alcoholic beverages without making dramatic changes.

Fermenting Tips

Creating gut-friendly fruit shrubs at home requires nothing more than fresh fruit, sugar, vinegar and patience. Morgan Shortt, sales director at Pink House Alchemy, a maker of farm-to-table simple syrups, aromatic bitters and shrubs, explains that the sugar breaks down the fruit and naturally turns it into a thick, viscous syrup without having to smash the fruit. This natural maceration process allows the sugar to draw out fruit juices and flavors over the course of a couple of days.

Once macerated, the fruit is strained through cheesecloth or a coffee filter. The syrup can be used immediately as a topping on desserts or savory dishes. To make it last longer and add the tart taste, vinegar is incorporated. Almost any type can be used, depending on personal taste. White vinegar is intensely sharp; apple cider vinegar provides a mild, fruity flavor; and balsamic can add depth to berry shrubs with only a splash. The higher the quality of vinegar, the better the results, Shockey points out.

Although fruit shrubs are shelf stable, the

Rimma_Bondarenko from Getty Images/CanvaPro

Enjoying the Results

Shrubs offer a practical solution for reducing food waste. They are a good way to use seasonal fruits that may be bruised or considered a farmer's seconds. "The key takeaway is that it's an easy and affordable way to consume a gut-healthy product, and it's delicious," says Shortt.

For those preferring convenience over homemade preparation, shrubs are increasingly available at farmers markets, health food stores and online. When purchasing, prioritize products containing raw, unpasteurized vinegar and minimal added sugar while checking for clean-ingredient labels. Premixed shrub drinks are also available in ready-to-consume cans or bottles for the ultimate in convenience.

Rimma_Bondarenko from Getty Images/CanvaPro

shelf life varies depending on the ingredients. Shortt estimates that her shrubs have a shelf life of at least two years. Refrigeration can help maintain the quality and flavor for a longer period of time.

Shrubs represent a delicious intersection of ancient preservation wisdom and modern wellness needs. Whether crafted at home or purchased ready-made, these tangy syrups offer a simple way to support gut health while adding flavor to drinks and recipes.

Chloe Karydes Krecun attends University of Illinois Urbana-Champaign. Connect at LinkedIn.com/in/chloe-karydes-krecun.

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WILD RICE SIDE DISH

YIELD: 6 TO 8 SERVINGS

FOR THE VINAIGRETTE

2 Tbsp pomegranate shrub
2 Tbsp extra virgin olive oil
2 Tbsp shallots, finely chopped
1 tsp lemon zest
1 tsp honey or liquid sweetener
½ tsp fresh ginger, grated
½ tsp ground coriander
Kosher salt, to taste
Fresh ground black pepper, to taste

FOR THE SALAD

1½ cup cooked wild rice
1 cup pomegranate arils (about one large pomegranate)
1 cup pistachios, coarsely chopped
½ cup parsley, coarsely chopped

In a small bowl, combine pomegranate shrub, olive oil, shallots, lemon zest, honey, ginger, coriander, salt and black pepper. Set aside.

Combine wild rice, pomegranate arils, pistachios and parsley in a serving bowl. Add dressing and toss to combine. Taste and season with additional salt and pepper, if desired. Serve immediately or refrigerate for up to three days.

Recipe courtesy of Priscilla Koch, founder of The Urban Farmhouse Co., makers of organic shrub beverages.

FARRO SALAD WITH APPLE SPICE SHRUB

YIELD: 4 TO 6 SERVINGS

FOR THE VINAIGRETTE

2 Tbsp apple spice shrub
2 Tbsp extra virgin olive oil
1 tsp Dijon mustard
½ tsp raw honey or maple syrup
1 squeeze of orange, optional
Sea salt, to taste
Fresh black pepper, to taste

FOR THE SALAD

1 cup cooked farro
1 sweet potato, cubed
Extra virgin olive oil for roasting
A few kale leaves, chopped
2-3 cups salad greens
1-2 carrots, peeled into ribbons
1 apple, diced
A few radishes, sliced thin
Small handful parsley, chopped
½ cup almonds, chopped and toasted
Salt, to taste

Preheat the oven to 400° F.

Whisk all the vinaigrette ingredients together in a small bowl and set aside.

Toss the sweet potato cubes with a drizzle of olive oil and salt and pepper, to taste. Spread sweet potato cubes on a baking pan lined with parchment paper and roast until golden brown, about 35 minutes. Once roasted, let the sweet potato cubes cool.

In a large bowl, lightly massage the kale with a bit of the vinaigrette until the kale wilts down. Mix in the farro and sweet potato cubes. Add the salad greens, carrots, apple, radishes, parsley and almonds to the bowl and toss with vinaigrette. Add additional salt and pepper, to taste.

Recipe courtesy of Priscilla Koch, founder of The Urban Farmhouse Co., makers of organic shrub beverages.

FIG SHRUB PANZANELLA

YIELD: 6 SERVINGS

FOR THE VINAIGRETTE

2 tsp garlic, finely minced
1 tsp Dijon mustard
4 Tbsp fig shrub
4 Tbsp extra virgin olive oil
1 tsp raw honey, optional
Sea salt, to taste
Freshly ground black pepper, to taste

FOR THE SALAD

6 cups sourdough bread, cut into 1-inch cubes
1 pattypan squash, cut into 1-inch cubes
1 zucchini, cut into 1-inch cubes
1 delicata squash, cut into 1-inch cubes
1 yellow squash, cut into 1-inch cubes
1 acorn squash, peeled and cut into 1-inch cubes
1 medium red onion, diced
1 cup cherry tomatoes, halved
5 oz mozzarella balls, medium or small sized, quartered
20 large basil leaves, ribbon sliced
1 tsp kosher salt

Preheat the oven to 350° F.

Whisk all the vinaigrette ingredients together in a small bowl and set aside.

Roast the delicata and acorn squash in the oven for 20 minutes on a baking pan lined with parchment paper.

Add the patty pan, yellow squash and zucchini to the same baking pan. Sprinkle 1 teaspoon of kosher salt over the vegetables and continue roasting for another 15 to 20 minutes. Remove and let vegetables cool.

Place bread cubes on a separate baking pan lined with parchment paper and place in oven for 10 to 15 minutes. Remove and let bread cool.

In a large bowl, mix the roasted vegetables, red onion, cherry tomatoes and basil. Add the bread cubes and toss with the vinaigrette. Add kosher salt and pepper to taste. Serve immediately or allow the salad to sit for half an hour for the flavors to blend.

Recipe courtesy of Amy Lawson, a registered dietitian at ThriveNutritionRDN.com.

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Guide to Canine Hormonal Balance

Strategies To Overcome Spay-Neuter Syndrome

by Dr. Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

Although spay and neuter surgeries in dogs are often encouraged to control overpopulation, avoid unwanted litters and prevent certain serious health conditions later in life, such as cancer, these surgeries—especially if performed at a very young age—may disrupt hormonal balance in some dogs. Known as spay-neuter syndrome (SNS), the condition can cause weight gain, anxiety and reduced vitality. For these dogs, several natural strategies can help restore hormonal balance.

Dogs' ovaries and testes generate sex hormones such as estrogen, progesterone and testosterone, which regulate reproduction and play key roles in joint stability, metabolism, immune function, brain development and emotional regulation. When removed, the loss of hormonal feedback can disrupt many physiological systems.

A 2020 UC Davis-led analysis of 35 dog breeds found neutering before six months increased joint disorders and the risk of certain cancers, especially in larger dogs like Labradors and golden retrievers. Data from a 2013 study of more than 750 intact and neutered golden retrievers showed double the occurrence of hip dysplasia and triple the occurrence of ligament tears among early-neutered male dogs. Another study of golden retrievers in 2019 found that neutered dogs had an increased risk of obesity. Research published in 2018 involving more than 6,000 male dogs found that those allowed to mature hormonally before sterilization exhibited fewer behavioral problems like fear and aggression, underscoring the importance of natural hormone exposure in development.

Nutrition and Detoxification Support

As more dogs experience the effects of SNS, natural hormone support is increasingly important. The building blocks for hormone production come primarily from nutrients found in whole, fresh foods. Without quality proteins, healthy fats and essential vitamins and minerals, the endocrine system struggles to produce, regulate and detoxify hormones.

Feeding dogs home-cooked meals using organic, GMO-free ingredients creates a solid nutritional foundation. High-quality animal proteins like grass-fed beef and pasture-raised poultry supply amino acids needed for hormone synthesis. Organic vegetables such as leafy greens, squash and carrots offer antioxidants and micronutrients. Healthy fats from fish oil, coconut oil and flaxseed provide cholesterol and essential

fatty acids, the substances from which steroid hormones are made.

Supporting a dog's detoxification systems is just as important. The liver and gut work together to process and eliminate excess hormones and environmental toxins. Nutritional tools such as milk thistle, glutathione precursors and targeted probiotics may support these detox pathways, particularly in pets with hormonal imbalances. Additionally, natural binders like chlorella or bentonite clay are sometimes used to assist in removing certain heavy metals or persistent chemicals. However, these should be used only under professional guidance.

Glandular Therapy and Herbal Support

A 2020 review published in the journal *Animals* confirmed that neutering dogs leads to elevated luteinizing hormone levels, which in turn stress the thyroid, adrenal glands and immune system. This hormonal disruption can lead to chronic inflammation, behavior changes and metabolic dysfunction. Glandular supplements offer a holistic, non-pharmaceutical tool to nourish under-performing glands, especially when combined with a nutrient-rich diet and a toxin-conscious lifestyle. Bioavailable peptides, enzymes and growth factors help restore endocrine stability.

Natural herbal support may also play a role in maintaining hormonal balance. Adaptogenic herbs such as ashwagandha (*Withania somnifera*), rhodiola (*Rhodiola rosea*) and schisandra (*Schisandra chinensis*) have been studied in animals for their potential to modulate the stress response by regulating cortisol levels. Reproductive hormone balance may also benefit from red clover (*Trifolium pratense*) and chasteberry (*Vitex agnus-castus*). It is always important to consult with a veterinarian before introducing herbal supplements to a dog's routine.

Lifestyle and Other Factors

Lifestyle plays a significant role in hormone balance. Daily exercise, interactive play and consistent routines help regulate stress hormones like cortisol. Chronic stress can suppress immune function and disrupt the entire hormonal cascade.

Creating a toxin-conscious home is also important. Choose natural household cleaners, avoid synthetic air fresheners and opt for non-toxic pet care products. Providing filtered water reduces a dog's exposure to hormone-disrupting contaminants often found in municipal supplies.

Ongoing monitoring with bloodwork, food sensitivity panels and thyroid testing helps pet parents track their dog's progress and make informed adjustments. For dogs not yet sterilized, delaying the procedure until full maturity at 18 to 24 months or older may avoid many complications linked to early spaying and neutering.

Every dog is different. Breed, age, lifestyle and health status all play roles in determining the best course of action. Holistic veterinarians and certified pet health coaches can help design an individualized plan that supports a dog's hormonal health naturally.

Learn more about Dr. Ruth Roberts' approach to holistic pet care and wellness at DrRuthRoberts.com.

TUESDAY, SEPTEMBER 2

Hatha-Flow Yoga for Wellness – Tuesdays, Sept 2-Oct 7. 7:30-8:30pm. Beginner/Level 1-Intermediate/Level 2. Improve physical and mental balance, flexibility, strength and stamina with this moderately challenging yoga practice. Modifications offered for both dialing back and going deeper into your practice. In-person and livestream. $14/class. Crysterra Wellness at Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. CrysterraWellness.com.

WEDNESDAY, SEPTEMBER 3

Morning Flow Vinyasa Yoga – Wednesdays, Sept 3-Oct 22. 7:30-8:15am Beginner/Level 1-Intermediate/Level 2. Get your body moving through a series of fluid postures flowing through sequences of sun salutations, standing and seated postures in this energizing early morning class. $14/class. Livestream. Crysterra Wellness: 734-649-1849 or CrysterraWellness.com.

THURSDAY, SEPTEMBER 4

Gentle Restorative Yoga for Stress & Anxiety Relief – Thursdays, Sept 4-Oct 23. 7:30-8:30pm. Beginner/Level 1. Relax and restore with this gentle stress and anxiety relieving yoga practice. Suitable for most fitness and experience levels. Modifications offered. In-person & livestream. $14/class. Crysterra Wellness at Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. CrysterraWellness.com.

SATURDAY, SEPTEMBER 6

Cactus and Succulent Plant Show – Sept 6-7. 10am-4pm. Featuring a wide variety of plants, including unique cacti and succulents. Hosted by the Michigan Cactus & Succulent Society and Southeast Michigan Bromeliad Society. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Plant and Mushroom Walk – 12-2pm, Farmstead Park; 4-6pm, Bishop Lake Beach. Learning opportunity for those with beginning to intermediate foraging skills, and for anyone wishing to increase their knowledge of the local flora. $25. Details: WillForageForFood.com.

WEDNESDAY, SEPTEMBER 10

The Nature & History Behind Iron Creek Preserve – 2-4pm. A Four-Part Hike Series; Session 2 Post World War II. With Sybil Kolon. Free. Iron Creek Preserve, 11703 Noggles Rd, Manchester. Registration required: LegacyLandConservancy.org.

Native Seeds, A Beginner's Guide to Harvesting – 6:30-8pm. This hands-on opportunity will be guided by Calla Butler, Native Plant Horticulturist at Matthaei Botanical Gardens. Following the presentation, we will move out into the prairie plantings and bioswales of Matthaei for the hands-on experience of harvesting seed. Free. Matthaei Botanical Gardens, Auditorium, 1800 N Dixboro Rd, Ann Arbor. AnnArbor.WildOnes.org.

SATURDAY, SEPTEMBER 13

Hiveside Chat – 12-2pm. Meet the MFS beekeeper, learn about taking care of bees, and ask tons of questions. Free. Michigan Folk School, 7734 Plymouth Rd, Ann Arbor. 734-926-0060. MiFolkSchool.com.

MARK YOUR CALENDAR

SATURDAY, SEPTEMBER 27

Michaelmas Fall Festival – 3-9pm. Sponsored by the Community Farm in conjunction with the Great Lakes Branch of the Anthroposophical Society. We're pitching a festival tent to host a potluck (bring own table setting), live music by Nutshell, Contra dancing, an outside Cob pizza oven, games, exhibits and more. All welcome. Free. Community Farm of Ann Arbor, 1236 S Fletcher Rd, Chelsea. 734-426-5389. CommunityFarmOfAnnArbor.com.

SUNDAY, SEPTEMBER 14

YPSI Vegan Fest – 11am-4pm. Enjoy delicious plant-based food, sustainable shopping, cooking demonstrations and presentations, and kids' activities. Everyone who likes good tasting food is welcome. Free admission. 301 W Michigan Ave, Ypsilanti. VegMichigan.org.

Monarch Migration Festival 2025 – 1-4pm. Your advance tickets ($5 each) allow you to be a part of the main event: releasing your very own monarch butterfly or sponsoring a butterfly for us to release in our pollinator garden. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

Natural Dye Workshop – 2-4:30pm. Enjoy the beauty and abundance of nature while using the gifts it provides by joining The Natural Dye Company in making a naturally dyed cotton bandana. Sliding scale: $35-$55. Chelsea Farmers Supply, 122 Jackson St, Chelsea. Registration required: Tinyurl.com/muze28wb.

TUESDAY, SEPTEMBER 16

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. $3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, SEPTEMBER 18

EcoBeneficial Landscape Strategies for the Climate Crisis – 7-8pm. With Kim Eierman. Discover how ecological landscaping with native plants can make your landscape more resilient and help address the climate crisis. Webinar. AnnArbor.WildOnes.org.

FRIDAY, SEPTEMBER 19

Fall Seva Yoga Series – Fridays, Sept 19-Oct 31. 10:30am. Relax and restore with this gentle, stress relieving yoga practice. Suitable for most fitness and experience levels. Modifications offered. $12/class suggested donation. Pinckney Community Public Library, 125 Putnam St, Pinckney. CrysterraWellness.com.

Restorative Yoga with Reflexology Workshop: Beginner/Level 1 – 7-8:30pm. Enjoy this gentle, calming yoga practice paired with the healing and regenerative benefits of reflexology. This deeply nurturing and informative workshop teaches rotating quarterly themes (stress/anxiety reduction, overwhelm/burnout, insomnia/restful sleep etc). Crysterra Wellness, 3173 Baker Rd, Dexter. CrysterraWellness.com.

SATURDAY, SEPTEMBER 20

Foot Rejuvenation & Reflexology – 9:30am-4:30pm. Learn directly with hands-on experience foot reflexology and natural medicine approaches to rejuvenate and heal foot maladies. Avoid drugs and surgery. Free if you want to stop in from 10-1030am to observe. Register for the full class in advance: $150. Mary Light Natural Medicine, 3684 W Liberty Rd, Ann Arbor. 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Workday at Iron Creek Nature Preserve – 10am-12pm. Volunteers will help remove invasive woody species. 11703 Noggles Rd, Manchester. LegacyLandConservancy.org.

Invasive Species Removal – 10am-1pm. Help remove invasive shrubs in the natural areas to restore this beautiful woodland habitat. Trinity Health Ann Arbor, 5251 McAuley Dr, Ypsilanti. Register: hrwc.org.

SUNDAY, SEPTEMBER 21

Pet Loss Support Group – 1-2:30pm. With Cōlleen O'Brien. Features guided discussions, remembrance rituals and opportunities for reflection and connection. In-person or Zoom. Free; donations appreciated. HSHV's Conference Room, 3100 Cherry Hill Rd, Ann Arbor. 734-661-3575. hshv.org/petloss.

Mastering Meditation – Sundays, Sept

21-Oct 5. 2-4pm. Free. Crazy Wisdom Bookstore, 114 S Main St, Ann Arbor. More info: Castoldi@oakland.edu, 734-994-7114 or MeditationAnnArbor.com.

TUESDAY, SEPTEMBER 23

Michigan Botanical Club: Current Invasive Species Concerns in Southern Michigan – 7-8pm. With Dr. Shikha. Learn how to identify a few invasives, how to prevent their spread, and how to report their occurrence. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

FRIDAY, SEPTEMBER 26

Plant-Based Sushi – 6-9pm. Using only plant-based ingredients, explore the beauty of vegetables, balanced flavors and essential techniques. Michigan Folk School, 7734 Plymouth Rd, Ann Arbor. 734-926-0060. MiFolkSchool.com.

Fireside Fun – 6:30-8:30pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

SATURDAY, SEPTEMBER 27

Workday at Johnson Nature Preserve – 10am-2pm. Volunteers will help remove invasive woody species. 4595 Platt Rd, Ann Arbor. LegacyLandConservancy.org.

Michaelmas Fall Festival – 3-9pm. Sponsored by the Community Farm in conjunction with the Great Lakes Branch of the Anthroposophical Society. We're pitching a festival tent to host a potluck (bring own table setting), live music by Nutshell, Contra dancing, an outside Cob pizza oven, games, exhibits and more. All welcome. Free. Community Farm of Ann Arbor, 1236 S Fletcher Rd, Chelsea. 734-426-5389. CommunityFarmOfAnnArbor.com.

SUNDAY, SEPTEMBER 28

Refugia Festival – 12-6pm. Celebrate the intersection of sound, art and ecology, curated by composer Alexis Lamb. Explore booths and activities hosted by local environmental organizations and take part in nature-based experiences for all ages. Free. Nichols Aboretum, 1610 Washington Heights, Ann Arbor. mbgna.umich.edu.

Harvest Fest – 1-4pm. This open house event is a dynamic celebration of U-M's student-driven food initiatives, emphasizing sustainability, social justice and creativity. Join us for lawn games, arts and crafts, live music, delectable food demonstrations, artistry and informative tables from both student and community organizations. Campus Farm. mbgna.umich.edu.

PLAN AHEAD

FRIDAY, OCTOBER 17

25th Annual Wise Traditions Conference – Oct 17-19. Sponsored by the Weston A. Price Foundation. Includes 40 speakers and 70 exhibits plus farm-to-table meals. Reasonable rates. which include conference meals and special 1-, 2- or 3-day passes, plus reduced rates for 20 and younger. Salt Lake City, Utah. Info & register: WiseTraditions.org.

SUNDAY, OCTOBER 19

Ayurveda and Meditation – Sundays, Oct 19-Nov 2. 2-4pm. Free. Crazy Wisdom Bookstore, 114 S Main St, Ann Arbor. More info: Castoldi@oakland.edu, 734-994-7114 or MeditationAnnArbor.com.

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DAILY

Ayurveda For Us – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: Calendly.com/d/4dc-gws-6fw/discovery-call. For more info & appt: AyurvedaFor.us.

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: CastleRemedies.podia.com.

Free Online Programs – Practical Buddhism, Healing and Compassion Meditation, Group Practice, White Tara Guided Healing Meditation, Sunday Talks. Jewel Heart Tibetan Buddhist Learning Center: 734-994-3387. JewelHeart.org.

Oracle Readings – With Dominique Lavoisier, owner of Mediumship with Angels LLC. Incorporates higher-dimensional energies to offer additional insights and support. Florida-based; all readings done remotely. For appt or more info: MediumshipWithAngels.com.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations take about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. $150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end-of-life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

WEEKLY

Jewel Heart Ann Arbor Programs – Includes courses, weekly meditation and social activities. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Jewel Heart Bloomfield Hills Programs – Includes courses, weekly meditation and social activities. Theosophical Society, 27745 Woodward Ave, Berkley. 734-239-5985. JewelHeart.org.

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

SUNDAYS

Bach Flower Remedies Level 1 Live Web – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

The Nature Pilgrimage with Rooted Goddesses – Thru Sept. 8:45am-4pm. 3rd Sun & Fri. The Nature Pilgrimage places you at a threshold of looking for a thread to begin moving towards what it is you truly care about. It begins by choosing 1 of the 7 contemplative sites you would like to visit. $150. Boyne City. MarySeger.net.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

White Tara Guided Healing Meditation – 10:30-11:30am. In-person & Zoom. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Critter House Open Hours – 12-3pm. A great way to get up close and personal with some fascinating animals, all while developing an appreciation for the incredible diversity of the natural world. Suggested donation: $5/person, $20/family. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

Wonder Walks – 1pm. Also Wed, 5:30pm. Designed for all ages to inspire curiosity and learning from each other through activities that model curiosity and honor nature. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Guided Group Breathwork – 6-7:30pm. 1st & 3rd Sun. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Free, donations welcome. Huron Valley Aikikai, 1904 Federal Blvd, Ann Arbor. Registration required: ThisBreath.com.

Guided Group Breathwork – 6-7:30pm. 4th Sun. See description above. Dzanc House, 402 S Huron St, Ypsilanti. Registration required: ThisBreath.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

MONDAYS

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Mindful Dexter – 12-12:30pm. Last Mon. A short 30-min guided meditation that is a simple and practical mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes every-

one, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Neverending Lam of Liberation – 7-8:30pm. With Demo Rinpoche. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Hatha-Flow Yoga for Wellness – 7:30-8:30pm. Beginner/Level 1; Intermediate/Level 2. Moderately challenging yoga practice. Suitable for those with a moderate fitness level, some yoga experience helpful but not necessary. In-person or online. $14/class. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. Tinyurl.com/3fw4ezrm.

WEDNESDAYS

Morning Flow Vinyasa Yoga – 7:30-8:15am. Beginner/Level 1; Intermediate/Level 2. Get up and get your body moving through a series of fluid postures flowing through sequences of sun salutations, standing and seated postures in this energizing class. $14/class. Livestream. Tinyurl.com/3jp9vsbn.

CEW+Inspire Midweek Mindfulness Guided Sit – 12:15-12:45pm. This virtual community of practice is open to all, whether new to mindfulness or seeking to deepen an existing practice. Registration is simple; sign up once to receive ongoing access to weekly Zoom sessions. Cew.Umich.edu.

Wonder Walks – 5:30pm. See Sun listing. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

THURSDAYS

Class Observation – 11-11:30am. Also Fri. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Mindful Dexter – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

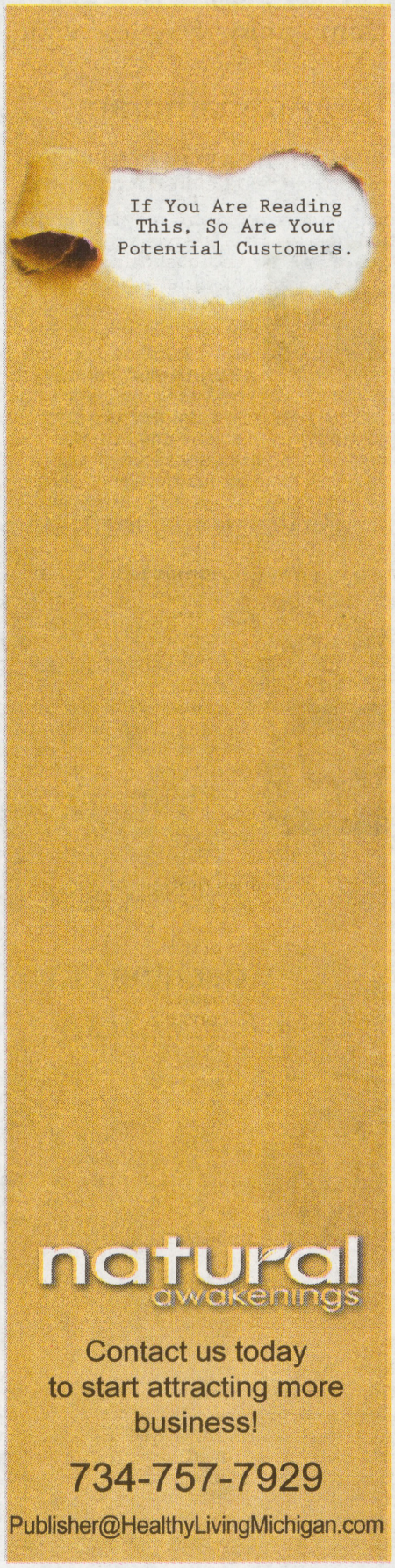
Gentle Restorative Yoga for Stress & Anxiety Relief – 7:30-8:30pm. Beginner/Level 1. Create harmony and balance of body and mind through physical postures, breathing techniques and an extended guided relaxation at the end of class. In-person & online. $14/class. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. Tinyurl.com/4u9e7jsm.

SATURDAYS

Volunteer Workday – Thru Nov. 8am-12pm. Scio Outside will host a volunteer workday at rotating preserves. Will focus on invasive species management, trail building or planting native species. Free. More info: ScioTownship.org/volunteering.

Mindful Dexter – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Childbirth-Classes.com.



Aromatherapy

ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

Biological Dentist

ANN ARBOR'S DENTIST
Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 3.*

Coaching

BECKY BORTAK, MA, ACA
Coaching@BeckyBortak.com
248-931-0944
BeckyBortak.com

I believe everyone can create a fulfilling and meaningful life, and I can help you achieve that. I offer one-on-one coaching. My areas of expertise include career coaching and confidence-building.

Education

CONCORDIA UNIVERSITY WISCONSIN
School of Pharmacy
CUW.edu/NPS

Take the next step toward a career that makes a difference! Discover Your Future in Natural Product Sciences with our flexible graduate programs. Choose from a 30-credit online Master's degree or a 12-credit graduate certificate, both designed to fit your life and goals. Specialize in medical cannabis or nutraceuticals, and prepare for exciting roles in healthcare, pharmacy, research and development, manufacturing, business and beyond. *See ad page 16.*

MARY LIGHT NATURAL MEDICINE
nshaassociates@gmail.com
734-769-7794

Natural Medicine Certification training! open for registration. A year long series to begin October. Advanced registration necessary. Welcoming calls and visits.

Energy Enhancement & Wellness

MIRACULOUS ENERGIES
(A Private Membership Association)
MiraculousEnergiesAssociation@gmail.com
517-599-4949
MiraculousEnergies.com

The EESystem combines Body, Mind, Spirit and Science. This system generates multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. *See ad page 5.*

Health Food Store

BETTER HEALTH MARKET & CAFE
3500 Washtenaw Ave, Ann Arbor
734-975-6613
BetterHealthMarket.com

Michigan's #1 source for organic foods, vitamins and more. Better nutrition at better prices, all backed by better advice from our nutrition experts. You will find; organic produce, all the top-quality vitamins and supplement brands, sports nutrition and proteins, delicious prepared foods, desserts, an organic salads, soup and hot bar, natural bath, body and aromatherapy products, green home products. Get rewards through our APP. *See ad page 21.*

Holistic Doctor

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads pages 10 and 17.*

Homeopathic Pharmacy

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nuitional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 19.*

Lomi Lomi Bodywork

MANTRA MAMMA HEALING ARTS
SacredShumani@gmail.com
734-846-9949
Facebook.com/truetribeMICH/

Sacred Lomi Lomi sessions, an ancient Hawaiian tradition offered at Mantra Mamma Healing Arts, offer a profound mind-body-heart connection for those seeking emotional healing and restoration.

Mobile Holistic Veterinary Services

WHOLE LIFE VETERINARY SERVICES
WholeLifeVet@gmail.com
517-474-4050
WholeLifeVeterinary.com

WHOLE LIFE
VETERINARY SERVICES

Give your horse or pet the benefit of both worlds with a combination of Western medical knowledge and Traditional Chinese Veterinary Medicine and acupuncture in the comfort of your own home or barn. We are committed to providing you with the best holistic pet health. We provide holistic care, in-home euthanasia, and equine lameness care. *See ad page 25.*

Mold Testing & Remediation

MOLDPRO
John Du Bois, CMI, CMR, CCMI
247 W. Main Street, Milan
734-439-8800 · MoldProllc.com

MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

Natural First Aid

DOCTOR RADOW'S POVIDONE-IODINE OINTMENT
DoctorRadows@gmail.com
386-414-1809
DoctorRadows.com

DOCTOR RADOW'S

This hospital-grade ointment provides fast, effective healing for cuts, scrapes and wounds—without antibiotics, sting or scarring. Used by medical professionals, it's now available for home use without a prescription to support clean, confident, everyday care. *See ad page 5.*

Nature-Oriented Meeting Space

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 17.*

Neurofeedback

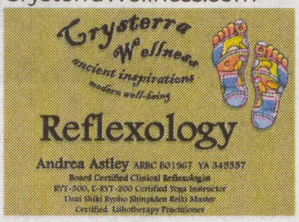
ALCHEMY HOLISTIC COLLECTIVE
105 E. Middle Street, Chelsea
734-210-1922
AlchemyHolisticCollective.com

ALCHEMY
HOLISTIC COLLECTIVE

ALCHEMY Holistic Collective is the area's only IASIS Micro Current Neurofeedback provider. Find lasting support for anxiety, depression, ADHD, insomnia, OCD, addiction, TBI, migraines, pain issues and more - for the entire family! *Natural Awakenings* readers can receive $150 off the purchase of a Neurofeedback package. *See ad page 27.*

Reflexology & Reiki

CRYSTERRA WELLNESS
Andrea Astley ARCB BO1967 YA 345357
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



Suffering from the effects of Stress, Fatigue, Hormonal Issues, Burn-out, Inflammation, Chemotherapy, Insomnia, Depression, Chronic Pain and/or Digestive issues? REFLEXOLOGY CAN HELP! Reflexology can assist in addressing many physical and emotional health concerns. Experience the difference a highly skilled, Board Certified Clinical Reflexologist can make as part of your Wellness Team!

Smoking Cessation

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 11.*

Weight Loss

FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY
734-883-8775

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 11.*

Wellness Center

THRIVE! WELLNESS CENTER
148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com

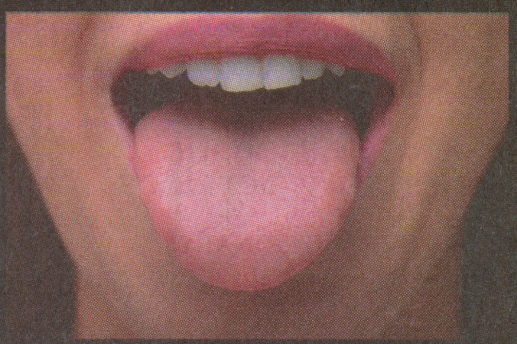
thrive!
Wellness Center

At Thrive! Wellness Center Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 15.*

WYCOFF WELLNESS

Improving Your Health and Wellness Naturally!

CHI HEALTH
Improving your health. Naturally.

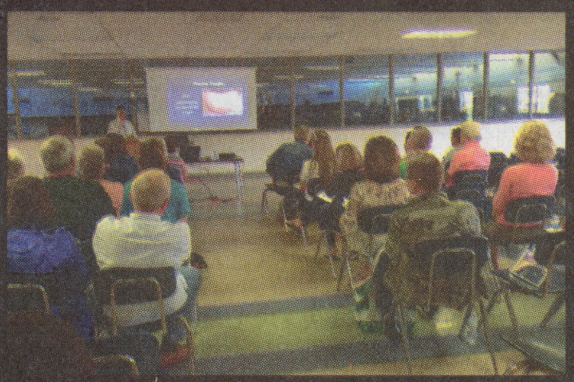


Dr. Chi Fingernail and Tongue Analysis Clinics

Monday, Sept. 8th thru Thursday, Sept. 11th | 9:00 - 5:00 PM

Just $50. Dr. Chi will see any aged individual.

You do not need to be a Wycoff Wellness Center patient to make an individual appointment with Dr. Chi.



FREE Seminar

Hosted by Dr. Chi and Wycoff Wellness

Fingernail and Tongue Analysis Seminar

Tuesday, September 9th, 2025 | 6:00 - 8:00 PM

Seminar held at the Wycoff Wellness Center

Please confirm your seat and attendance by contacting the office at 517.333.7270

1226 Michigan Avenue
East Lansing | Michigan

Call today for your initial visit and consultation! **517.333.7270**

wycoffwellness.com